

**Helpful
Suggestions**

about

**Infantile
Paralysis**

**METROPOLITAN LIFE INSURANCE COMPANY
CANADIAN HEAD OFFICE—OTTAWA**

Infantile Paralysis

INFANTILE PARALYSIS is a germ disease. It occurs most often in the summer months, and mostly among children, especially those under 5 years old. Following the advice given in this pamphlet will help your children escape this disease.

Infantile Paralysis in its beginning resembles many other contagious diseases. A child that has been perfectly well becomes restless or drowsy. He is irritable and does not want to be moved. There may be vomiting or diarrhea, but constipation is the rule. There may be some headache or pains in the muscles. At times, a convulsion occurs. The child is feverish. That is all that appears, and yet within twenty-four to seventy-two hours, the child may not be able to move its arms or legs.

Do not wait for the paralysis. If the child appears to have fever, vomiting and marked restlessness, put him to bed and call a doctor promptly. *No matter how mild the sickness may seem, get a doctor's advice.* Do this to protect your child. While waiting for the doctor give the child a dose of castor oil. Keep all the other children away until the doctor says there is no danger.

Every case of Infantile Paralysis should be reported immediately to the Department of Health. Follow the advice of your Health Officer who is working to protect your home from Infantile Paralysis and all other contagious diseases.

Constant Care of Children

KEEP your children clean. Bathe them often. Make them wash their hands and face before eating. Do not let them use public roller towels.

Give each child his own handkerchief. Teach him to blow his nose and to cover the nose and mouth when he sneezes or coughs. Teach him to keep his fingers out of his nose and mouth.

Give each child his own toothbrush. See that he uses it morning and night. Keep the teeth clean and have the cavities filled.

Teach him never to use a cup or a glass that has been used by some one else.

Give the child plenty of water to drink. Forbid all tea and coffee.

Food should be simple and easily digested. Give no fried foods.

Use clean, pasteurized milk, or milk from cows tested regularly for tuberculosis.

Put the children to bed early. Younger children should have a nap after lunch.

Be sure that the children's bowels are regular.

Do not use patent medicines. Bags of camphor or asafetida are useless. Beware of the dishonest advertisements of quacks who are interested in your money, but not in your children.

If Infantile Paralysis Is Near

IF there is an epidemic of Infantile Paralysis, keep your children away from crowds. Avoid the movies, theatres, parties, dances, picnics and crowded boats and trains. Keep your children away from homes where there is sickness. Infantile Paralysis is spread largely from one person to another.

If you have a yard, let your children play in it. The roofs of apartment houses are fine playgrounds, if no sick children are there.

Keep your house as clean as you can. Use plenty of soap and water. Burn up rubbish. Fight flies, roaches and other insects. Sinks must be free from the remains of food. Garbage buckets should be tightly covered and cleaned daily. Do not leave food uncovered between meals.

Fresh air and sunlight are nature's best destroyers of germs. Keep windows open in the bedrooms during the night, and air the rooms thoroughly during the day.

Care of the Paralyzed Child

If your child has had Infantile Paralysis and is paralyzed, ask your doctor what can be done to strengthen the weakened muscles and nerves. Proper care and treatment may prevent your child from remaining a cripple for the rest of his life. Often much can be done to bring back his health, usefulness and happiness.